

## FRUITS

### BUILD . . .

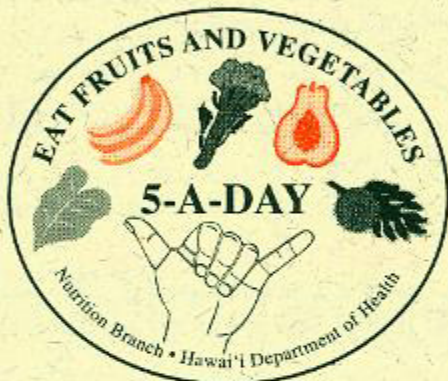
red blood, sound teeth, healthy skin  
and eyes, resistance to disease

### GIVE . . .

energy and strength

### PROTECT . . .

against cancer and other diseases



### Nutrition Branch Hawai'i Department of Health

O'ahu	586-4671
Hawai'i	933-4675
Maui	243-5373
Kaua'i	241-3650

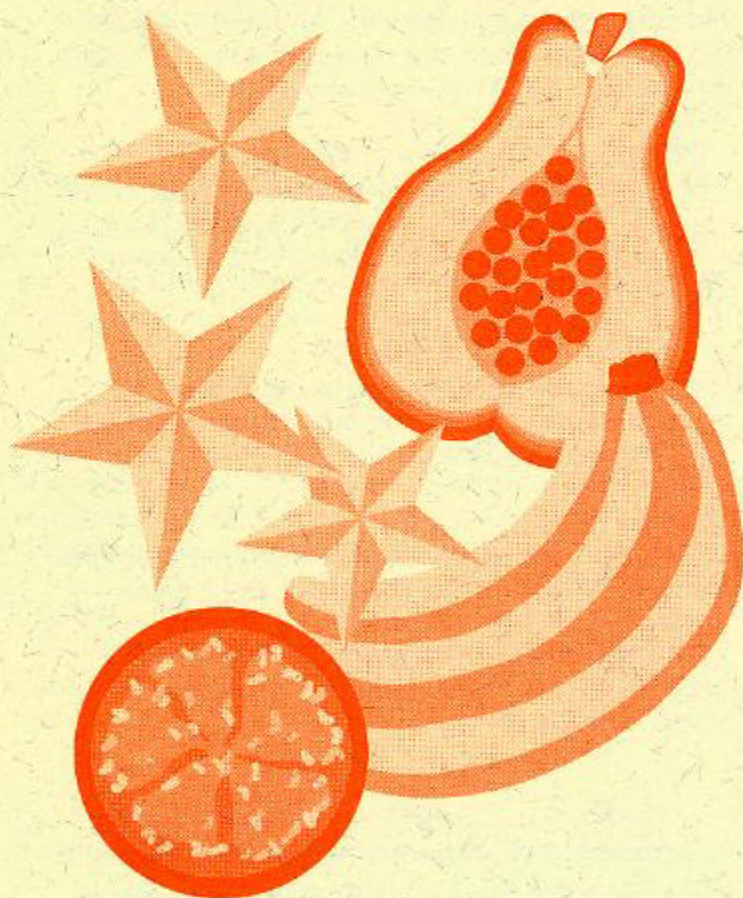


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Benjamin J. Cayetano, Governor  
Lawrence Milke, Director of Health

# FRUITS

## for Health in Hawai'i

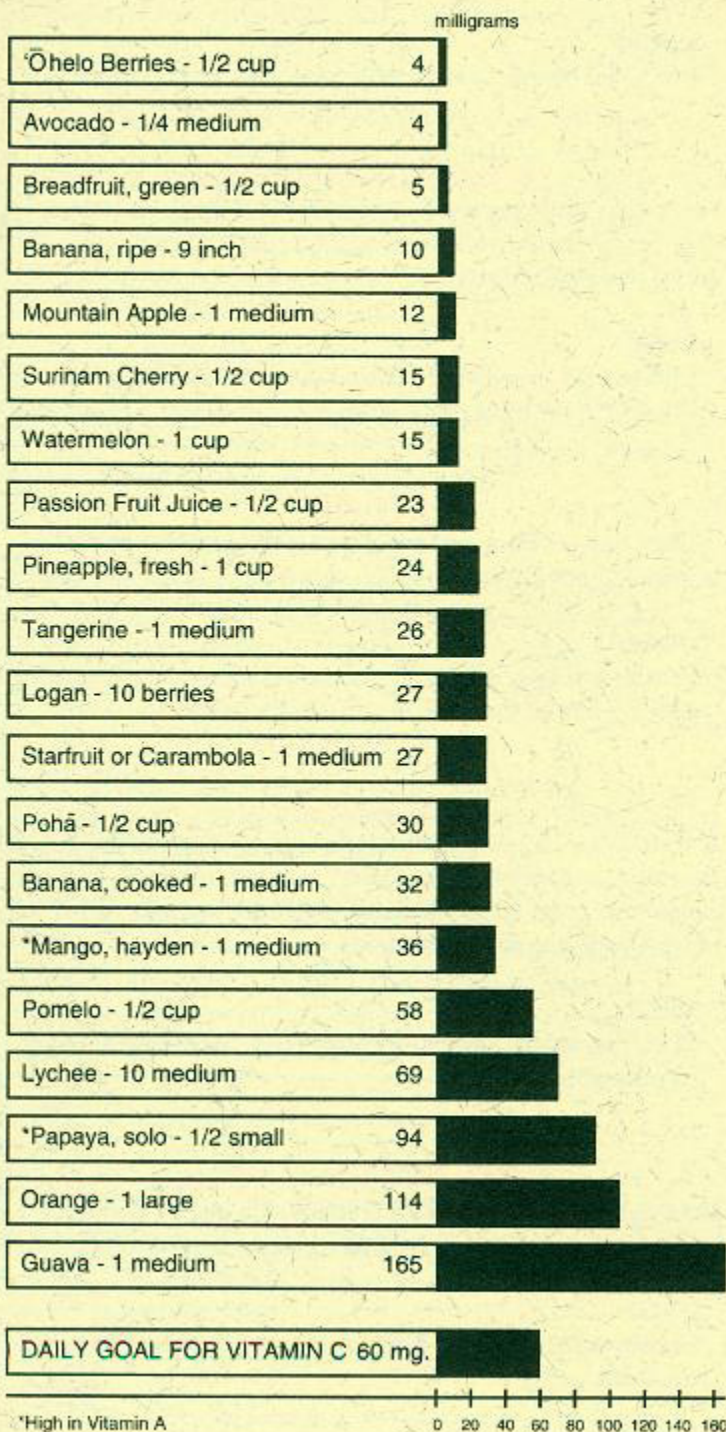


**Hawai'i Department of Health  
Nutrition Branch**



# EAT A HIGH VITAMIN C FRUIT DAILY

## VITAMIN C IN FRUITS



## FOR HEALTH YOU NEED DAILY

Vegetables	1/2 cup serving of cooked green leafy or orange vegetable 1-2 cups other vegetables
Fruits	1/2 cup serving of papaya, orange, grapefruit, guava, tangerines, or mango 1/2 -1 cup other fruits
Cereals, Bread, Rice	6-11 half cup servings
Milk, Other High Calcium Foods	3-4 cups or its equivalent in milk products for children. 2 cups or its equivalent in milk products for adults. 4 cups or equivalent of milk products for pregnant or lactating women.
Protein Foods: Meat, Fish, Poultry Eggs	2-3 servings 2 oz. 2 whole eggs 3 egg whites
Dried Beans	2 cups, cooked

## STORING FRESH FRUITS

Store citrus fruits in the refrigerator.

Refrigerate stonefruits, such as apricots, cherries, nectarines, peaches, plums, and prunes uncovered. Plan to use within 3 to 5 days.

Store ripe melons in plastic bags to protect other foods from the pungent melon odor. Store in refrigerator for use within a week.

Let bananas ripen in a cool spot at room temperature; refrigerate when fully ripened. Cold temperatures will darken the skin but will not affect taste of the fruit.

To ripen firm avocados, let them stand at room temperature 3 to 5 days, then refrigerate.

Sprinkle cut fruit with lemon juice or other high vitamin C juice to avoid discoloration of pared apples, peaches, and avocado that occurs when the pared fruit is exposed to air.



## AVOCADO

The varieties of avocado differ widely in calories. Half a cup of a summer avocado has about 150 calories and half a cup of the winter avocado has about 330 calories. Avocados are high in oil and calories so use sparingly.

### USES:

In salads, soups, or as an appetizer topped with salsa. Mashed or sliced and mixed together with tuna as a sandwich filling.

## BANANA

There are many varieties of bananas; the most common are Apple, Bluefield, and Chinese. Bananas are an excellent sources of potassium.

### USES:

In fruit cups, salads, desserts, and drinks.

### Cooking Banana

The riper cooking bananas are, the sweeter and softer when cooked. Cooking banana can be broiled, baked in a casserole, fried, or boiled in its skin.

## BREADFRUIT

Mature breadfruit is firm and becomes softer when cooked. The riper a breadfruit, the softer and sweeter it will be. When ripe, the stalk and core can be pulled out before cooking.

### USES:

Diced, raw breadfruit may be added to soups and stews. As it cooks, it helps to thicken soups and stews. Cooked breadfruit may also be added to stuffing, salads, breads, or eaten alone as a starch. Bake the riper fruit whole, then split open and remove core and pith before serving.

## GUAVA

There are several varieties of guava with varying amounts of vitamin C. Most guava are excellent sources of vitamin C.

### USES:

For juice, nectar, jam, pickles, pie, cake or fruit sauce.

## HAWAII ORANGE

The yellow and green skin is thin and rather tough. The flesh is commonly yellow-orange and very juicy. It is usually sweet and mild in flavor.

### USES:

Chilled and sliced fresh as a snack or made into juice. Squeezed on fish before baking.

## LYCHEE

Lychee has a sweet and slightly acid flavor. The season for lychee is June through July.

### USES:

In fruit cocktails, salads or sherbet. It can be frozen whole with or without the shell or dried in the shell.

## MANGO

The varieties of mango differ in flavor, cooking quality, vitamin A and vitamin C content. Common mango is highest in vitamin C and all varieties are excellent sources of vitamin A-producing carotenoids.

### USES:

In fruit cocktails, salads, and desserts. Made into chutney, jams, and marmalade.

## MOUNTAIN APPLE

Mountain apple has a delicate flavor with a crisp texture. Its skin is crimson red to light pink and its flesh is white.

### USES:

Usually eaten fresh as a snack or used in salads and fruit cocktails.



## PAPAYA

Papaya has a melon-like flavor and its texture and color vary with different varieties. Papaya is an excellent source of vitamin C and an excellent source of vitamin A.

### USES:

It is a favorite breakfast fruit and can be served as a dessert with lemon or lime, in a fruit cup, or as an appetizer. Papaya halves can be filled with cottage cheese, yogurt and other salad or seafood cocktails.

Green papaya may be boiled and served as a vegetable.

## PASSION FRUIT or LILIKO'I

The passion fruit has a distinctive tart flavor. There are two varieties in Hawai'i, one is yellow in color, the other is purple. Liliko'i is a fair source of vitamin C.

### USES:

After the seeds have been separated, the juice can be used to make fruit drinks or added in milk shakes, ice cream, gelatin desserts, salads, or salad dressings.

## PINEAPPLE

The skin of a ripe pineapple may be deep yellow, chocolate-green, or mottled green and brown. The flesh varies in color from white to deep yellow.

### USES:

Pineapple contains bromelin, a protein-splitting enzyme, so fresh pineapple cannot be used to make gelatin desserts. Heat inactivates the bromelin, so cooked pineapple can be used in gelatin salads or desserts such as sherbet, cakes or pies. Pineapple also makes great jams and chutney.

## POHĀ or CAPE GOOSEBERRY

Pohā is a small yellow-green or orange fruit resembling a cherry in size and shape. It is enclosed in a thin, cream-colored, paper-like husk.

### USES:

In pies or as sauce on cakes and puddings. Pohā also makes good jam.

## POMELO

Pomelo has been called the Hawaiian grapefruit because the large fruit resembles it. Pomelo is an excellent source of vitamin C.

### USES:

In fruit cocktails and salads.

## STARFRUIT or CARAMBOLA

The starfruit is an unusually shaped fruit with five ribs. When the fruit is cut cross-section, the slice forms a star. It is yellow to light green in color and very juicy. Starfruit is an excellent source of vitamin C.

### USES:

In a fruit cup or salad. Blended as a juice. Sliced and dried as a dry fruit snack.

## SURINAM CHERRY

The surinam cherry is a small bright-red cherry-like fruit with eight ribs. Its soft, tart, juicy flesh surrounds the single layer seed.

### USES:

Cooked as a sauce, jam, preserve, or jelly after seeds are removed.

## TANGERINE

Tangerines are a good source of vitamin C and a fair source of vitamin A.

### USES:

In fruit cups, salads, or made into juice.

## WATERMELON

Locally-grown watermelons are very sweet, though smaller than imported fruits.

### USES:

Watermelons provides a delicious and refreshing dessert or snack. They can be used in fruit salads. The rind may be prepared as a preserve or pickle.